

VOICE OF THE RESIDENTS

VOL. XXVIII, No. 7

BROADMEAD, COCKEYSVILLE, MD.

March 2007

BROADMEAD ALBUM PRESENTATION QUILT 2007

By Liz Jackson

Beauty and inspiration abound throughout our community. Just consider how many exquisite flower arrangements can be enjoyed through the year. Then again, remember all the colorful and fragrant blossoms that are grown in the garden. Walk through the clusters and grounds and you will encounter hanging baskets, rock gardens, landscaped plots and patio planters during the spring, summer and fall. See all the blooming pots on kitchen window sills in different seasons. Take a turn around the greenhouse and be delighted by the variety of plants with clusters of buds and blossoms. Hike the trail and discover the wild flowers in our woods. It's awe-inspiring.

We have a host of people to thank for all this abundance of beauty and inspiration. We are pleased to have this fine opportunity to thank all the "flower people" who

came before us, and we are most grateful today for all the floral designers, gardeners, caretakers and nurturers who enhance our environment both indoors

and out.

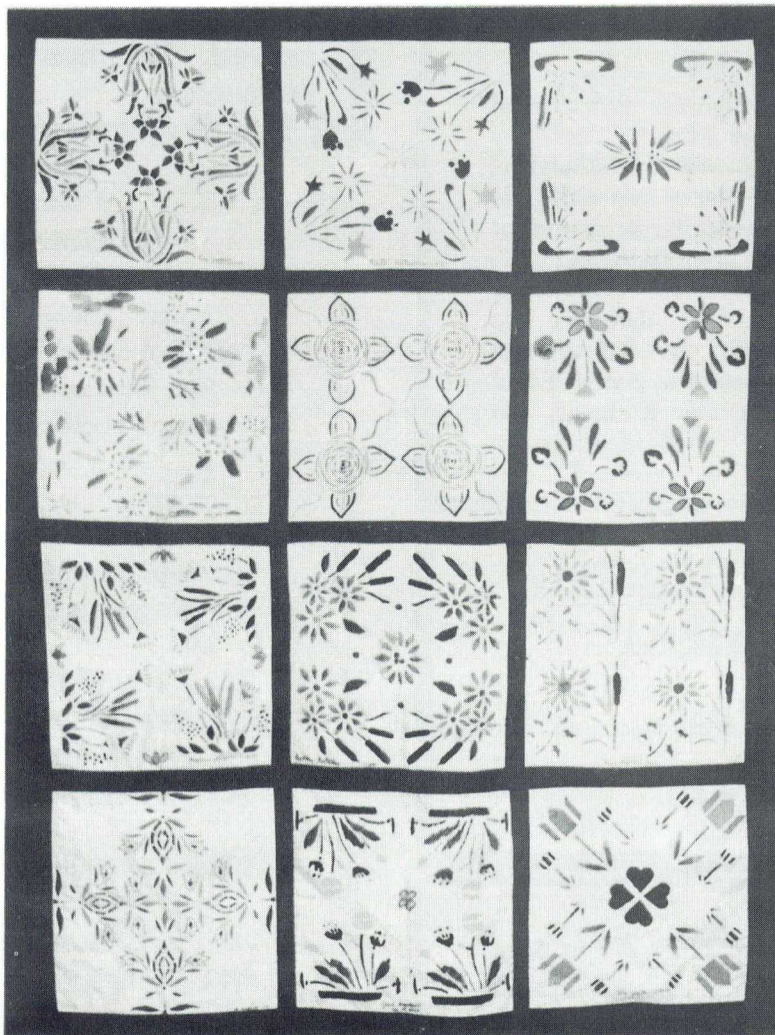
What has all this to do with a quilt, you might ask. When you examine our quilt you will see that

the separate sections are of different designs. This format is similar to the original "Baltimore Album Quilt" of 1849 in The Baltimore Museum of Art. Both quilts were inspired by the natural beauty of flowers and each quilt section was completed by a friend. When this kind of quilt is finished it is dedicated and presented to honored friends. Therefore The Art 101 Group hereby dedicates this stencil print quilt for all the Broadmead Resident "Flower People". This quilt is a product of our response to the infinite beauty you have given us which continues to inspire us every day. Thanks also to the

Sew and So ladies for their donation of material for the quilt.

Acrylic stencil prints on cotton and synthetic fabric; 48" x 78";

designed, printed, signed and dated; made for all the resident flower enthusiasts and presented as a gift from the Art 101 Group.



Creators of the panels are as shown:

<i>Liz Jackson</i>	<i>Ruth Williams</i>	<i>Marjorie Gold</i>
<i>Ginny Cooke</i>	<i>Jean Hake</i>	<i>Laura Waschler</i>
<i>Marian Shapiro</i>	<i>Bobbie Kottler</i>	<i>Eleanor Kaufman</i>
<i>Betty Douglas</i>	<i>Joan Rappeport</i>	<i>Betsy Griffin</i>

VOICE of the RESIDENTS

Volume XXVIII, No. 7

April 2007

Published September through June by
The Broadmead Residents Association
President: *Jane Earhart*

Managing Editor: *Fran Beasley*
Contributing Editor: *Betsy Griffin*
Editorial Staff: *Pete Hoffman, Dick Hutzler,*
Jeanette Royston

Proof Readers: *Mary Waterbury, Bobbie Kottler*
Marjorie Rhoades, Jean McGregor

Circulation: *Harriet Duncan, Fran Peterson,*
Rena Madansky

Consultant: *Bob Davies*

Arcade Press Liaison: *Harry Scott*

THE VOICE does not publish controversial opinions about Broadmead affairs. There are established procedures for resolution of internal problems. As the major goal of this staff is to promote a sense of community, criticisms of individuals or of the three organizational bodies that Broadmead comprises (Residents, Administration, Trustees) are therefore not appropriate. Letters to the Editor and comments concerning matters of national and planetary interest are welcome if signed, and will be considered for publication, space permitting.

MOVING AROUND BROADMEAD

	<u>From</u>	<u>To</u>
Joye Jennings	M-3	SR-203
Ann Schmitt	F-10	HH-213

IN MEMORIAM

Catherine B. Barnes

May 28, 1924

January 21, 2007

Charles F. Hobelmann

February 6, 1920

January 31, 2007

Judith C. Johnson

December 22, 1915

February 15, 2007

Some politicians have been prone to include in their rhetorical flourishes a variety of malapropisms and word gaffes. For instance:

A member of the San Francisco Board of supervisors, James McSheehy, told a group of homemakers, "Ladies, I have here some figures which I want you to take home in your heads, which I know are concrete."

He also is the one who observed, "This has all the earmarks of an eyesore."

The Pills

By Ruth S. Williams

Today I looked at all my pills
Brown for liver, blue for chills,
Red for heart, pink for spleen,
Black to counteract caffeine,

Orange for cough, white for pain,
And yellow to improve my brain
To help me remember who you are
And where I parked my beat up car.

Those blasted pills are everywhere,
The shelves, the tables, and on my chair,
The window sill, and in each drawer,
All told, about three thousand four.

Perhaps I should throw them all away
And practice Yoga everyday,
Or should I go to OPD
And see what else they'll do for me?

But instead I called my Broker Bill
And told him all about the pills.
"You can't", he said, "turn back the clock.
I suggest you buy some shares of drug stock."

So I still take the pills, each and every one,
And follow my stock in the Baltimore Sun.
Maybe I'll never live to one hundred eight,
But my grandchild might be as rich as Bill Gates.

THE BRUCK FUND FOR SPECIAL NEEDS

By Fran Beasley

It is sometimes true that one person's actions can make a great difference. This was the case when Gabriele Bruck endowed a Special Needs Fund for those confined to medical and nursing units at Broadmead. She envisioned "Christmas Every Day" to be the spirit in those areas. The services were to be above and beyond practical necessities. Her only restrictions were that this fund not be substituted for Broadmead's normal responsibilities and not be commingled with other monies or funds.

Mrs. Bruck was a resident of Broadmead for fifteen years until her death in 1998. She was a woman of stature who, beneath her solemn countenance, had a keen sense of humor and an appreciation for acts of kindness. She was especially concerned for residents who could no longer live their lives independently.

Betty Shaughnessey is the Bruck Fund Progress Manager for the enterprise. In a conversation which I had with her, Betty described some of the activities which she oversees. In many cases she cooperates with other departments, such as Activities for music programs, The Beauty Shop for hair stylings and facials, Wellness for swimming programs, and Food Service for monthly breakfast trips to The Coffee Shop and "Made-to-Order Eggs" in the new Garden Room. Among things financed totally by the fund are: the purchase of folding chairs to be used by guests in patients' rooms; pressure-relief mattresses for patients who are bed-ridden; radios for each room; electric recliner chairs; attractive bed quilts, and an electric fireplace and mantle in The Garden Room. Also planned are special activities outside of Broadmead including lunches at nearby restaurants.

Betty describes herself as a people person,

certainly a valuable talent for one working in a health facility. She is very much in evidence on the floors. She knows her patients and cares about them. Her office is on Taylor Hall (third floor) near the back elevator. She would welcome your suggestions for

enhancing the lives of those on Hollowell and Taylor. Betty works at Broadmead part-time; she is married with three children: two in college and one in high school.

Among people I talked with who knew Mrs. Bruck was Hertha Krotkoff, a former close friend of Gabriele's and now a resident of Broadmead. They were both teachers of languages and had many warm social times together. They especially enjoyed speaking in their native German tongue.



Gabrielle Bruck Photo from Broadmead Archives

The Board of Trustees is the custodian of The Bruck Fund for Special Needs, the corpus of which remains intact with only the income used to carry out Mrs. Bruck's wishes. The fund may accept and has accepted donations and bequests. It is to be used only on the nursing floors.

It was Mrs. Bruck's wishes that all residents be informed of the fund upon admission and upon transition to health care. The fund is administered by a council composed of Broadmead's Medical Director, the Directors of Nursing and of Social Work, and the Chairman of The Residents Health Care Committee. The group meets ten times a year to consider programs, to establish a budget and to review programs.

And so it may not be "Christmas Every Day on Hollowell and Taylor Halls" as Mrs. Bruck wished, but it is on many days. We are grateful to Gabriele Bruck for her legacy to all of us.

JOHN LITTLEFIELD, M.D.

By Ted Wilson

On Saturday Feb.3, 2007, Dr. John Littlefield spoke to the Men's Saturday Social Hour about his life's work as an investigator of the genetic defects that cause children to be born with life-threatening or life-limiting conditions.

His scientific background was at Harvard College and Harvard Medical School, class of 1947. His training in Medicine and Pediatrics continued at the Massachusetts General Hospital in Boston and he remained on the staff as a faculty member of the Medical School. Because of his special interest in human genetics, he was appointed head of a new department to do research in that field, particularly as it applied to children. He recruited a strong group of scientists and their findings were widely published. He was subsequently invited to the Johns Hopkins School of Medicine as Chairman of the Pediatrics Department based in the Harriet Lane Home and Children's Center. Through his efforts this center became equivalent to the Boston Children's Hospital. He also served as the interim Chairman of the Physiology Department in the medical school.

As efforts to understand the entire Human Genome progressed and genetic abnormalities were becoming better understood, Dr. Littlefield made major contributions to the field.

When he retired in 1992, he obtained a Masters Degree in Public Health at the Johns Hopkins School of Public Health and has since published a book on the history of the Harriet Lane Home. His interests have expanded into the field of stem cell research with the potential of influencing genetic abnormalities and other devastating medical conditions.

Dr. Littlefield stated that our current knowledge allows pediatricians to help parents and potential parents to better understand the risks and options available to them when a genetic disorder is identified, but that the possible capabilities of gene transfer and stem cell therapy remain for the future.

 *
 * OLD GARDENERS NEVER DIE; *
 * THEY JUST SPADE AWAY. *

OUR SYCAMORES

By Carol McCord

For the Tree subcommittee
 of the Bird and Nature Group

If you are out walking the Perimeter Road, you are sure to notice the sycamore trees (*Platanus occidentalis*), for some are in prominent locations. They almost demand to be noticed -- especially in the winter when their bare, white branches sketch their framework high against the sky. On moonlit nights they are ghostly.

Most of our sycamores are to be found along the Western Run; others are scattered here and there across the campus, the most prominent one being directly across from Clusters A and B, and next to the little cabin. On a walk in mid-December we noticed it still had its prickly seed-balls.

Actually, a species of plane tree, it is a cousin of the London plane tree (*Platanus acerifolia*) of Europe. Planted in cities as well as the countryside, it can also be seen all along the Canal du Midi of France.

One of our tallest trees, the sycamore can grow to a height of 90-115 feet with comparable spread. Some can tower 150 feet! In Cromwell Valley Park orioles often choose one of the tallest sycamores for nesting. One can sometimes spot their cleverly woven "baskets" hanging from a high branch almost hidden by the wide, lobed sycamore leaves, whose colors make a perfect camouflage.

M * S * S * H

Men's Saturday Social Hour

By Pete Peterson & Ted Wilson

In the Lounge & Auditorium
 At 9:30 a.m.

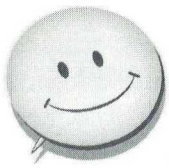
Saturday, March 10th

Speaker: Malcolm Sherman
 Topic: "Joys and Sorrows"

Saturday, March 24th

Speaker: Charles Lee
 Topic to be announced

**Donate \$1.00 to help cover expenses.
 Wear your name tag.**



BROADMEAD WELCOMES

by Betsy Griffin

Joyce (Tomlin)-(Mrs. Edward) Griffith

J-12

527-1332

December 2006

Joyce was born in Statesville, North Carolina, attended St. Mary's School in Raleigh, and graduated from Hollins College. Soon after college she married her late husband, a real estate broker, and moved to Baltimore. After the birth of her children she returned to night school at the Maryland Institute of Art to study interior design. From 1979 to 1991 she owned and operated Papier Interiors. After the sale of that company she maintained a small business from her home. She has 4 children and 6 grandchildren. Her 2 sons live in California where one is a film director and the other, an attorney, is currently marketing THE WAVE, an inland device which helps surfers to train without benefit of an ocean. One of her daughters lives nearby in Monkton and works with Joyce at decorating; the other lives and works in real estate and construction in St. Augustine, Florida. Joyce has always been interested in sports such as golf, tennis, and skiing and uses our fitness equipment here at Broadmead. She has served as chair of the Chesapeake Bay Foundation Women's Committee. She and her late husband have traveled extensively and with her children scattered about the country she expects to continue to travel.

FEBRUARY '07

By Carolyn Underwood

At zero degrees the cold is depressing;
on the body it is stressing.
Even inside I can't get warmed;
with three layers I look deformed,
but who cares? To style you can't be
conformed.
And if your feet are feeling frozen,
two pairs of socks can be chosen
to comfort your toes into a sense of repose.
A humidifier makes air more easily warmed,
but the energy bill will be transformed.
When we're trying to save electricity,
it really is a pity
to be faced with this situation
we experience now as a nation.

SUCCESS

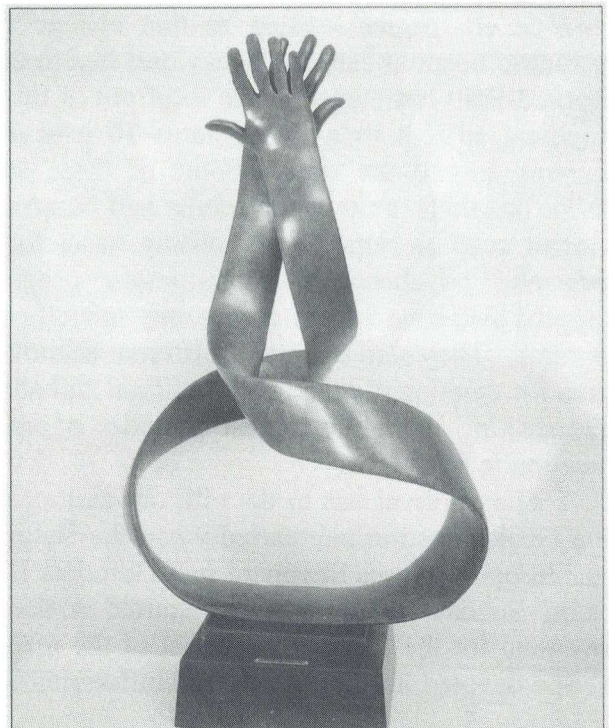
Text and photo by Larry Schneider

My most recently completed sculpture is called "Success". My previous sculptures have been made of polished hardwoods. This new work shown in the photo on this page is my first sculpture of cast bronze. The base is mahogany. My artist statement for "Success" follows.

This sculpture rejoices in the triumph of success.

The realization of success can generate an intense uplifting feeling. The reaction is even stronger if the task successfully accomplished was particularly difficult. However, the celebration of a success is often brief, because no matter how great the victory there is usually more to be done, another goal to achieve and other successes possible.

In this sculpture the upward sweeping ribbons, which emerge at the base, represent the exuberance of two individuals who worked together on a difficult endeavor and just achieved an important victory. As the sign of their cooperative victory, their hands meet high overhead in the "high-five," a universal gesture of success.



STEVEN SHARFSTEIN: PSYCHIATRIC CARE IN THE 21ST CENTURY

By Jonas Rappaport

Dr. Steven Sharfstein, President and CEO of the Sheppard-Pratt Health System presented the Open Forum Program on Thursday February 1st to a full auditorium. He spoke about the modern delivery of psychiatric care using the Sheppard-Pratt Health System as an example of how it is now done. He also talked about the modern treatment of these illnesses and spoke of the future developments which will produce even faster and better responses.

When he first came to Sheppard-Pratt in 1986 the hospital had 320 beds. There were about 1000 admissions per year and the average patient stay was 80 days and child and adolescent patients stayed on average 125 days. This was 25 years after the beginning of the Community Mental Health movement started by President Kennedy. This was followed by the advent of managed care and the scientific developments in pharmaceuticals and the neurochemistry of the brain all contributing to the change in the delivery of the care of the mentally ill. That progress has continued so that in 2007 the average patient stay at Sheppard Pratt was 15 days and there were 7000 admissions per year in only 220 beds.

Decisions about care were now made by the insurance companies leading to this change from psychiatric hospital care to "behavioral health care." Sheppard-Pratt has stayed at the forefront of this development so that today it operates 36 psychiatric programs around the state. Some of these are in smaller hospitals, emergency rooms and community facilities such as supervised housing units for patients and psychosocial rehabilitation programs. Sheppard also runs 5 large community mental health programs. They also operate 9 different school programs for emotionally disturbed children and adolescents making them the largest provider of special education in Maryland.

Our survival has to do with our history. We are a Quaker institution, started when the Baltimore philanthropist, Moses Sheppard met Dorothea Dix, a Boston Sunday school teacher, started a national movement for the humane treatment of the mentally ill. She devoted her life to this and influenced legis-

lators around the United States with her article, *A memorial on Behalf of the Insane*. In 1857 Moses Sheppard gave the largest gift ever given, "To meet a need that would otherwise not be met". The building of the hospital was started in 1860 and the first patients were admitted 1891.

The new psychiatry meets people where they live and manages illnesses with compassion and modern medicines. Developments in neuroanatomy, neurology, pharmacology, microbiology and newer forms of psychotherapy have enabled these shorter hospital stays and continuing treatment in the community.

Dr. Sharfstein talked about his experience as immediate Past President of the American psychiatric Association, the 35,000 plus organization of American psychiatrists. He was there when Tom Cruise, on the Friday Today show said that psychiatric care was no good and that there was no such thing as mental illness. On Monday morning Dr. Sharfstein was on the show and said "Mr. Cruise may be a half-way decent actor, but when he plays doctor he is behaving irresponsibly".

Dr. Sharfstein was also involved in going to Guantanamo Bay to evaluate the use of psychiatrists as consultants to those who interrogated the Iraqi prisoners. As a result of what he saw there the American Psychiatric Association and the American Medical Association adopted the position that it was unethical for a physician to be used as an advisor to interrogators.

Following this excellent talk there was a lively Q & A session in which he spoke about the diminishing, but still present stigma of mental illness and the current medical ideas about certain illnesses.

THE LEAGUE OF WOMEN VOTERS

By Kitty Stierhoff

The League of Women Voters of Baltimore County will present An Equal Opportunity Study discussing Benefits and Burdens of Marriage Under Maryland Law on Tuesday, March 13th - 10:30 a.m. Stony Run Board Room. The meeting is open to all interested residents.

EPISODE IN POLAND

By Sibylle Ehrlich

"I should have gotten us first class tickets," I thought as Marion and I tried to settle on the wooden bench of the third class compartment which was already occupied by six other passengers, Poles, who seemed to be from nearby small towns and villages. We greeted our fellow travelers with a slightly timid smile and studied our map and tour guide book. The others read newspapers, dozed or talked softly.

I wished I could have asked them who they were and where they were going. I would have loved to share with them my excitement at returning to the small town, once German, now Polish, where I had been born and had lived until I was five.

I felt that they were just as curious to find out why these two Americans were in rural Poland. It was 1978; the Cold War had not brought many tourists to these parts of the country.

Across from us sat also a mother and daughter. The daughter was probably, like Marion, in her early twenties. The two girls smiled at each other. Marion pointed to the girl's simple rectangular bag with a small fringe. The Polish girl began to empty her bag: small notebook, pencil, handkerchief, a little change purse. Marion whispered to me, "Mom, I think she is going to give it to me. What shall I do?" "You'll have to accept it." And sure enough, the Polish girl leaned over and handed Marion the now empty bag. Marion tried to express "Thank you" in as many ways as she could think of. "Mom, I have to give her something in return." "Yes," I said not very helpfully. We had no luggage with us for our daytrip and could not offer nylons, coffee, or other desirable items. Marion looked through her things and finally touched a simple silver choker that a friend had made for her. I knew that she liked it very much and it was a handsome piece; but I nodded as Marion removed it from her neck.

Our compartment had become very quiet. The other passengers seemed to hold their breath as they waited to see what the American girl would do. As Marion leaned over to hand the silver choker to her new friend, pandemonium broke out. They cheered, kissed each other and us. The men climbed on the bench to get their cases out of the baggage net above the seats, and pulled out bottles of wine, sausages, and loaves of bread. That simple transaction between the girls had loosened the tension and

tongues. While we shared their provisions, I remembered that I had packed some cookies for our trip and brought those out as our contribution. I also showed the old photos of my little home town, taken in the 1920s. These were passed around, inspected carefully with some whisperings. It seemed that indeed the town had not changed much and the house in which I was born was still there. My neighbor, who spoke a little German, confirmed that.

Before the train pulled into the station, we still quickly exchanged addresses. I believe that the symbolic gesture of the two girls had moved all of us.

AN ALBINO LIFE

By Marie Ewing

Sometime – a few springs ago – I was surprised to be visited by a flock of ordinary sparrows – as among them was an albino sparrow – snow white! At first he seemed as happy as any of them, yet many times he was alone – not welcomed by the others. So to help a bit I placed seeds nearby.

But as spring became summer the little albino seemed alone more often – pushed aside by the others. Usually he'd sit on the roof of the carport, waiting his turn at the feeder.

Soon it became evident that he was losing his battle, wasting away. After a while he didn't return; the little white sparrow was no longer.

I searched for him for some time, but no luck – until one day I found two small white feathers.

Being different is difficult!

**May you live as long as
you want and never
want as long as you live**

*Irish proverb;
Submitted by Jonas Rappeport*

WHAT ABOUT A LIFETIME CARE COMMUNITY?

By Rose Clymer Rumford

Editor's note: This letter from Rose Rumford was published in 1988 in a Wellesley College publication. Rose graduated from Wellesley in 1934 and for eighteen years was a trustee of that college. She died at Broadmead in 1998. Her husband died here in the previous year.

Three years ago [in 1985] the Lew Rumfords moved to Broadmead, a lifetime care community fifteen miles north of Baltimore. It was a splendid decision but not an easy one; the temptation to continue one's living pattern a little longer, versus the uncertainty of physical fitness to meet the entrance requirements later on, reminds one of the gamble of Russian roulette.

We did not gamble; we made the move and are true enthusiasts for this form of independent living with its safety net of on-the-premises medical care. Having made the decision we chose our possessions for scale and sentiment, reminding ourselves that fewer objects enhance the illusion of space -- not easy after years of collecting! Then came the fun of dividing the remaining contents of a large house among our four children, turn by turn, and later seeing the cherished objects in new settings in the children's homes where the children now have the responsibility of caring for them rather than for us.

One adapts to attractive smaller space very easily and the reduced upkeep both inside and outside is a joy. When traveling, the worries of security on the home front are removed, and a patio and small garden supply the needs of any aging gardener, who no longer kneels and bends as easily as of yore. One meal a day in the main dining room, usually dinner, is so pleasant that we rarely use our kitchen for other than breakfast or lunch. Sometimes friends come to our apartment for a drink before dining together, and sometimes we go to the dining room alone and are seated by the hostess with fellow residents we know less well thus broadening our acquaintanceships. Since our community is spread over eighty acres, our cottages in clusters, the walk to the center is reminiscent of trips to a village post office where groups gather and news is exchanged. One has complete privacy in one's apartment but plenty of stimulating companionship a telephone call and a few steps away. There are movies, lectures and discussion

groups on campus and numerous opportunities for volunteer service in the Broadmead community and an active Residents Association. In fact one has to beware of becoming so busy that one questions retirement.

The drawbacks are few. Space, of course, is one of them, but one soon adjusts to that. The early dinner hour is another, for six to six fifteen is early for many of us, but one can take the evening news and remind one's self of the virtues of flexibility. One also needs to adjust to life in close proximity to a nursing facility where one is very conscious of the hazards and stress of aging.

But after all, familiarity with, availability of and confidence in one's own health care facility is fifty percent of the reason one chooses a well-financed, well managed lifetime care community. The other half of the equation is independence for as long as one can manage and the assurance of care for one's partner,

Of the careful thinking which should go into the choice of a lifetime care community there are several points to bear in mind. There is one's personal financial picture and how it might change upon the death of a spouse. There is the financial strength of the community itself and an understanding of the entrance fee and the monthly fee with the likely increase in the cost of living and health care costs. Of vital importance is the adequacy and quality of the medical facilities which the community provides. If one is considering a new facility in the process of construction, be sure that the completion and occupancy dates are realistic before selling one's home or terminating a lease. Lastly, having made one's choice, do not delay in putting one's name on the application list, for waiting lists are apt to be long.

Moving is traumatic. One goes through a review of one's life as disposition is made of memorabilia and possessions, but careful planning over months, not days, eases the burden and physical exhaustion. Remember the friends who have done it before you and are now rejoicing in their accomplishment.

So choose your community with care and read the fine print in the contract for its bearing on your future. Take a hard look at medical care coverage and its quality and the definition of lifetime care which has many nuances. When you make your decision our advice is to move forward resolutely so that you may enjoy the serenity and pleasure of these years.

OPEN FORUM

By Sonia Blumenthal

In the Auditorium 7:00 p.m.

Thursday, March 8th

"NON-VIOLENCE IN A VIOLENT WORLD"

Stephen L. Angell, MSW, '47;
Doctor of Humane Letters,
Haverford College, '97.

With a wide-ranging career in social work and community organization, Steve Angell gives leadership to the "Alternative to Violence Project" in prisons and in other settings. Fostering means of conflict resolution, he has traveled in the U.S and abroad, most recently in Croatia, Bosnia & Siberia as well as South Africa.

*

Thursday, March 15th

"ISLAMIC ALLEGIANCE TO GOD"

Dr. Edwin Hostetter,
Assistant Professor of Religion,
The George Washington University;
Civilizations Exchange and Cooperation Foundation.

Dr. Hostetter's writings include "Muslim-Christian Dialogue on Jesus and Muhammad"; "Abraham, Father of Faith, and the Three Great Religions."

*

Thursday, March 29th

"MYTHS ABOUT SAFETY: FROM CHILD SEATS TO AIRPLANE CRASHES"

Professor Sue Baker,
Johns Hopkins
School of Public Health;
Author of "The Injury Fact Book".

STACEY YOUNG OUR NEW DIETICIAN

By Kitty Stierhoff

We are all delighted to have our new dietitian, Stacey Young, on board and welcome her expertise. Stacey comes to us from Abingdon, Maryland where she lives with her husband and two daughters. She completed her Bachelors of



Science in Human Nutrition and Foods from Virginia Tech in 1996. She worked in North Carolina for 5 years as a Nutritionist for the Department of Health in the Division of Women, Infants and Children (WIC). In 2000 she went back to school and completed her Masters in Health Sciences,

concentrating in Dietetics, at James Madison University. She finished her dietetic internship as part of her Masters degree at Upper Chesapeake Medical System in Bel Air and Havre de Grace, Maryland. After finishing her Masters Degree she worked for ARAMARK in various capacities, including Clinical Dietitian, Patient Advocate, and Assistant Director of Patient Services. Her primary duties included patient satisfaction, clinical dietetics, and kitchen management (staffing and food quality). Prior to coming to Broadmead, Inc. she worked as a long term care dietitian in Bel Air, MD.

She now works part-time for Broadmead, Inc. where she cares for the long term care residents on Hallowell and Taylor Halls, educates the independent living residents (both as individuals and groups), and acts as an informational resource for the kitchen staff.

As part of Stacey's educational program she has set up two lectures, both at 10:00 a.m. in the auditorium. The first is: Thursday, March 8th - "Fats in the Diet, What YOU Should Know" Her second will be: Thursday, April 5th. - "Get the Low-Down on Lowering Cholesterol".

Since March is National Nutrition month, Stacey also plans on having some displays on nutrition around the Center and articles in the Wellness Newsletter. She welcomes any questions or comments in her office in the outpatient department at ext. 3345.

MUSIC EVENTS

By Phil Schnering

Thursday

March 8th, at 7:00 p.m.

LET'S SING

With Herb Merrick at the piano

Come sing, hum, foot tap, listen and enjoy

*

Sunday

March 11th, at 2:00 p.m.

Fred Moyer

Always our favorite; back for his annual visit.

A great program

OPERA

By Harry Blumenthal

Video Opera

Friday March 23rd,
7 p.m. the Auditorium

FAUST

Opera in three acts
by Charles Gounod

Vienna State Opera

Acts 1 and 2 only will be shown.

[Approximately 2 hours]



LET'S DANCE

By Ted Wilson

**With the
George Hipp Trio**

Everyone welcome to dance
or just to enjoy the music.

**Monday, March 12th
at 7:00 p.m.**

In the Lounge

WALKING THE PERIMETER ROAD

By Lynn Buck (1996)

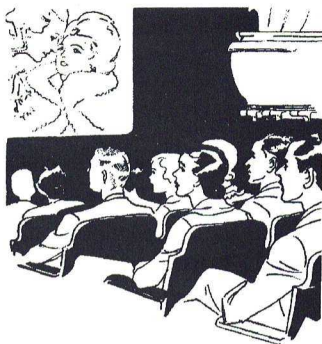
An April breeze drifts through
her open window, bringing
fragrance of fresh-mown grass.
From her table she can see a friend
walking the Perimeter Road
with rapid stride, followed
by two more with canes, talking
and laughing in the soft sunlight.

She would like to join them. Blue
periwinkle would carpet the roadside.
Dark branches of trees on the hill
would be feathered with green.
Among boulders she might find
splashes of sunbright daffodils
walk beneath a pink cloud
of redbud, watch birds in flight
listen to the song of a wren.

Yes, she would like to walk
the road, feel sun and breeze touching
her face . . . But no time to think
about that now. . . too many
things . . . this jumble
of letters to write, bills to pay,
papers to file . . . no time
today. . . She closes the window.
Perimeter Road must wait.

THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus
- 2) You don't believe in Santa Claus
- 3) You are Santa Claus
- 4) You look like Santa Claus



BROADMEAD MOVIES

Tuesday Movies by
Priscilla Stieff &
Florence Platt

Saturday Movie by
Jeanne Stephenson &
Betty Douglas

March 6

MRS. PALFREY AT THE CLAREMONT

2006 108 minutes PG13

Elegant; gentle widow from Scotland comes to live at the Claremont Hotel in London. With high hopes of making new friends and enjoying the pleasures of the big city she is disappointed as she surveys her drab surroundings-and other retirees. The bright spot is that she will be closer to her only grandson. Joan Plowright

March 10

RUGGLES OF RED GAP

1935 90 minutes NR

A British butler is "lost" in a poker game by his master, the Duke of Burnstead, to a rough and tumble American rancher. Charles Laughton, Charles Ruggles, Mary Boland, Roland Young, Zazu Pitts

March 13

A TIME TO KILL

1996 150 minutes R

Unseasoned, idealistic young attorney mounts a stirring court room battle for justice in a small Mississippi town. A murder trial that brings racial tensions to the flash point. Powerful, John Grisham's best! Matthew McConaughey, Sandra Bullock, Donald Sutherland, Samuel Jackson.

March 20

AKEELAH AND THE BEE

2006 112 minute G12

Akeelah Anderson's love for words leads her to enter a number of spelling contests. Tutored by many and opposed by some, she unwittingly unites a neighborhood in her daring quest to compete in the Scripps National Spelling Bee. Best of all the "Bees" in recent times.

March 24

GOSFORD PARK

2001 120 minutes R

As a hunting party gathers at a country estate no one is aware that before the weekend is over some one will be murdered – twice. Alan Bates, Charles Dance, Helen Mirren, Jeremy Northam, Kirstin Scott Thomas, Kelly Macdonald, Maggie Smith.

March 27

STRANGER THAN FICTION

2006 PG 13

In this quirky comedy drama an Internal Revenue Service auditor finds out that he's actually the hero in a novel with marvelous turns. The movie is not just the thinking man's Truman Show – it's the feeling man's Truman Show. Will Ferrell. Emma Thompson, Maggie Gyllenhall

SATURDAY PROGRAMS

In the auditorium at 7:00 p.m.

By Margaret Proctor

March 3rd

OUR SALLY BURBANK

Brings us up to date, discussing good reading you may have missed

March 17th

MEMORY LANE MANDOLINS

Jim Blanchard and Jack Evans
Members of the Baltimore
Orchestra, playing your favorites.
Remember the day, wear green

March 24th

WATER FRONT WEDDINGS

They are just not for celebrating
alone

John H. Wilson
Principal Chesapeake Bay Beach Club

WEDNESDAY WORSHIP AT BROADMEAD

**1st Wednesday every month at 10:30 a.m.
EPISCOPAL COMMUNION**

Taylor East Lounge - 3rd floor

Sponsored by Sherwood Episcopal Church
York Road, Cockeysville

**2nd Wednesday every month at 10:00 a.m.
CATHOLIC MASS**

Taylor East Lounge - 3rd floor

Sponsored by the Catholic Community of
St. Francis Xavier, Cuba Road, Hunt Valley

**3rd Wednesday every month at 10:30 a.m.
PRESBYTERIAN COMMUNION**

Stony Run Activities Room - 3rd floor

Sponsored by Ashland Presbyterian Church
Ashland Road, Cockeysville

FRIENDS MEETING FOR WORSHIP

**Sundays at 11:00 a.m.
STONY RUN BOARD ROOM**

All Are Welcome

VESPERS

By Pat Underwood

Sunday in the Lounge
March 18th at 4:30 p.m.

The Reverend Charles L. Barton
St. James Episcopal Church
Monkton, Maryland

SCHOOLYARD THEOLOGY AT LAST

By Randy McKechnie, Convenor

We'll meet On Tuesday morning, March 6th
in the Fireplace Room at 10 a.m. to consider the
BOOK of JOB and at 11:00 a.m. for ACTS.

All versions, all people welcome

THE APOSTLE JUDAS

By Rev. Pat Drost

Beginning March 8 at 10 a.m. The Rev. Pat Drost will begin a new series about the apostle, Judas Iscariot. Judas has been one of the most hated men in history, his very name being synonymous with treachery and deceit. However, now the ancient Gospel of Judas, recently recovered and translated, raises questions about the portrayal of Judas as the evil apostle. We will first view the National Geographic DVD describing the work of a team of Biblical detectives as they determined the authenticity of this ancient document and pieced together its delicate pages before they turned to dust. Then we will study the current characterization of Judas found in the New Testament. Finally, we will read the text of the lost Gospel of Judas itself, comparing this new image of what may be a profoundly misunderstood disciple with the traditional New Testament understanding.

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □
□
□ THAT BEST POR- □
□ TION OF A MANS LIFE: □
□ HIS LITTLE, NAMELESS, □
□ UNREMEMBERED □
□ ACTS OF KINDNESS □
□ AND OF LOVE. □

William Wordsworth

Lines composed a few miles above

Tintern Abbey

HITHER, THITHER AND YAWN

with Foxy Georgia -

Here we go Kids, gonna try to catch up on all the doins' but honey babe, it's about to wear me out..but lemme ask ya..are you wearing your name tags..do you want Bunny Knipp to getcha? ... , are ya reading the bulletin board... .it changes daily..do ya have a name tag in ya coats? .. how else can they find their way back home? ..have ya chummed up to a new resident.. made them feel welcome? .. .asked them to dinner? Try it, you 'll like it. . .

Some of the speakers we've had ..really special people.. we're getting real spoiled! Gretel Weiss and Jonas Rappeport, Kitty Stierhoff and the open forum crowd, introduced us to the president and CEO of Shepard-Pratt; Michael Hill, Balto Sun Papers columnist and Sam Hopkins, conservation activist and member of CCAN (Chesapeake Climate Action Network).. then along comes Dottie Krug and her Adventures in Learning gang, Ellen Williams, Harriet Duncan, Barbara Vosburgh and Margaret Proctor who presented Susan McCarter of Hopkins faculty, on Art and culture in Ancient Mesopotamia (modern Iraq) and Egypt much to the delight of Ann Gussow and Marjorie Rhoades. And many many others. .. Haven't thought about Hammurabi and Ramesses II in eons... .the old gray matter is getting unmatted on Saturday evenings too.. Mary Jo Campbell took us to five south-east Asian, countries without a passport. .and Hannah Wilson's daughter, Betty Webster introduced us to the remarkable Design Group, of international repute, right here in little old Balto. City do- ah- ditty!!.. ..but Hon, some of us folks got a lot to produce on their own - a stroll down the East Hall art exhibition would amaze you, painting, Fibre Art (are you equally as gifted sewing on buttons,? Trudi Shippenberg) fabulous pastel portrait by Charlotte Smyth.. Walter Dandy's bronze bas relief.. .and you thought he just put people to sleep.. then elsewhere Larry Schneider's latest... a stunning bronze piece.. Intertwined hands.. some talent, some talent!! ! And walking thru the MDR, French is spoken like some of the natives.. and now they do their own flics.. Germaine Sharretts and les amis, Donna Smith (given up on Chinese. Donna?), Sonia Blumenthal, Ann Allen, Jean Wilson and Bobbie Dunlap avoir la langue bien pendue... fantastique!!.

Not to be outdone, the Red Hatters, had a Mad Hatter Tea Party at the local bistro, the Crown and Thistle.. and oh my paws,! June Gee, Bobbie Wolfe, Margie Rathsam, Gladys deGraffenreidt,

Anna Bittle, and Jane Wisseman, were amongst those dining on treacle and all things begining with an M

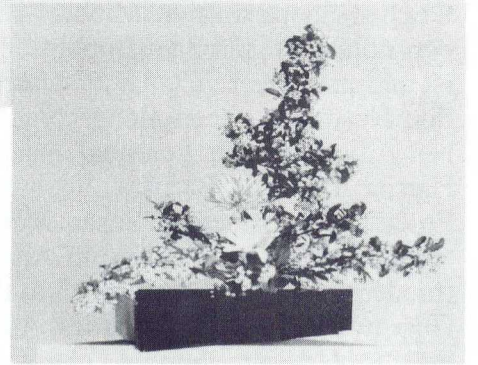
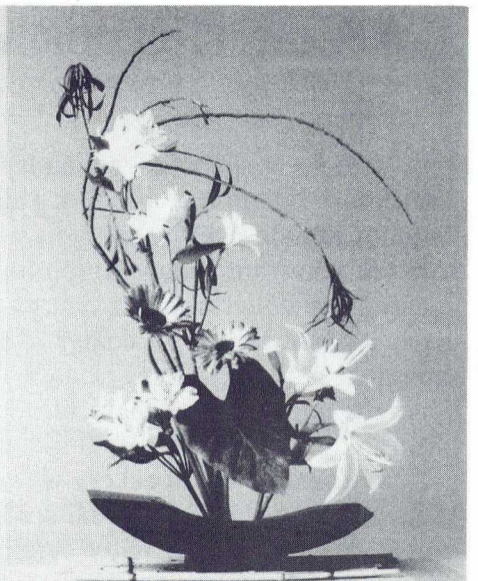
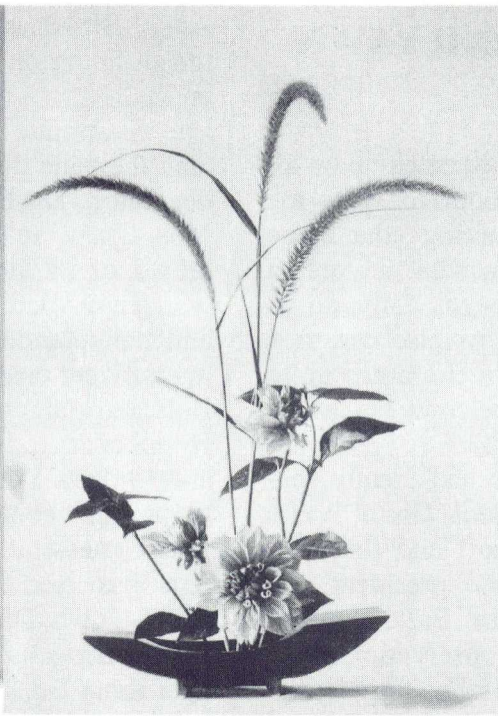
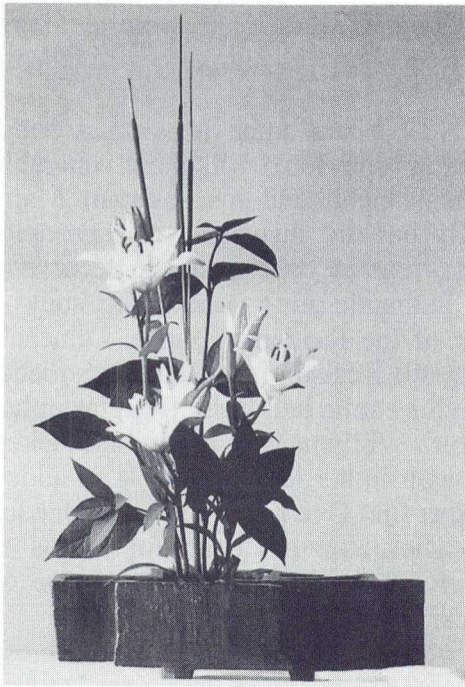
Chinese New Years came in, with a bang. .and the main dining room looked like that venerable decorator, Dr Fu Manchu and his assistant Many Men Chew, really out did themselves... a capacity crowd of us kids, feasted on the lavish decor and wonderful food, authentic stuff -- not chop suey -- and the splendor of the residents, Harriet Duncan's magnificent coat, Bill Eddison in his cap and queue, Bob Herrmann in his coolie hat, Betty Douglas in her Hoppi coat.. ... Ruth Williams with her Indian Jacket, and Barbara Younger in her lovely Sari. It all added to the fun.. couldn't find One Long Pour ..too dry for him I guess!!.. .Dick Hutzler's beautiful photos of San Francisco left us wanting more.. a picture of China Town, Dick.. ... next time..Chop, Chop!!

Dragons were everywhere in the MDR, however Lynn Buck named her amigo the Green Dragon much earlier than this: Margaret Du Vivier-one of the lovely Butterfly girls, named-her speed charger Sea Biscuit. .John Student labeled his mobile unit Student Driver. the Country Store, hit the Jack pot again with the Butterfly hair clips, as mentioned above, and Jesse Besoré also sports one. It's a great adornment.. better get you one!! PDQ.

Have you noticed and appreciated Phil Schnering's perky bulletin board outside the MDR.. very clever Phil!! and thanks for trying to keep us posted in not so many words, but pix also!

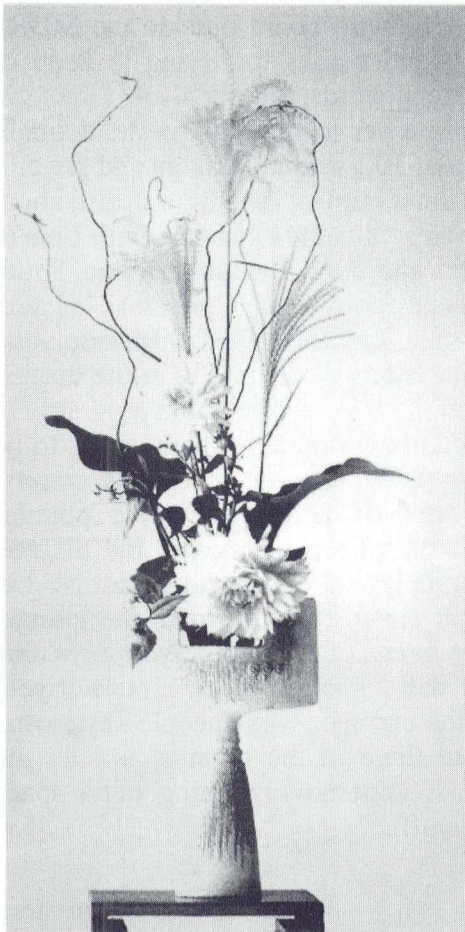
Finally in answer to many requests, a small, (by design) group of 10,---. four Quakers and six others gathered in the Fireplace room to learn about Quakerism.. It was a valuable exchange with Lois (a birthright Quaker) and John Sexton ..Donna Smith and Bobbie Siebens (convinced Quakers), Joe and Alice Giles, Hertha Krotkoff, Dot Gustafson, and Betty Douglas and others participating in the discussion.. .Please continue this very valuable program..

Fun and games continue.. There seems to be a seamless bridge game, in every nook and cranny, night and day, and of course the ever popular bingo,... Evie Dempsey keeps that going full tilt, and the Thursday Scrabble, babble... old faithfuls.. but do they know that the rest are down in the lounge, singing their little hearts out.. ..really . you guys..one of these days we will " sho nuf retire".. but not yet.. this only skims the surface. And people say.. what do you all do out there in the boonies. . . .let me count the ways.. ..not now...running outta space know you've had nuff..



Herewith are a few examples
of the masterful skills of our
Flower-Arranging Committee

Photos by Magdalena Reissig



Broadmead

13801 York Road
Cockeysville, Maryland 21030

Non-profit Org.
U.S. Postage
PAID
Cockeysville, MD
Permit No. 5

